Art Credit
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Monk: Way of the Sumo

Monks of the Way of the Sumo are ones that dedicated themselves to completely perfecting their body and form. They use their incredible strength and stability to take advantage of any situation. A wise Sumo will know how to defend itself better than one that focuses on brute strength, They are a forced to be recokned with and they are not to be taken lightly.

Tools of the Trade

When you choose this tradition at 3rd level, you gain expertise in the Athletics skill.
Additionally, you can attempt to grapple a creature of any size, doing so at disadvantage if the creature is Gargantuan.

Body of Steel

At 3rd level, you can steel yourself and prepare for an attack. As an action, you can spend 1 ki point to plant yourself in place and gain a number of temporary hit points equal to your monk level + your Wisdom modifier.

When you use your Flurry of Blows, you can replace one of the unarmed strikes with a use of this feature without spending a ki point for the temporary health.

Large Build

At 3rd level, you use your ki to perform squeeze the life force out of your enemies. If you are grappling a creature, you can spend 1 ki point to deal bludgeoning damage equal to two rolls of your Martial Arts die + your Strength modifier. You can use this feature only once per turn.

Sumo Stomp

At 6th level, you gain the ability to instill fear into your foes as an action. When you take this action, each creature within 30 feet of you that can see you must succeed on a Wisdom saving throw or be have disadvantage on any grapple attempts from you until the end of your next turn.

Sumo Rage

Beginning at 11th level, you have honed your skills as a powerful fighter. If you are hit while having temporary hit points from your Body of Steel feature, you can use your reaction to attempt to grapple the creature that hit you.

Additionally, you can expend 1 ki point to throw yourself into a frenzy. The next 2 grapple attempts you make, can be made as a free action.

Sumo Stomp

Starting at 17th level, your great strength can crush bones with ease. As an action, you squeeze a creature that you are grappling , and you expend 1 to 10 ki points. The target must make a Strength saving throw, and it takes 3d10 bludgeoning damage per ki point spent on a failed save, or half as much damage on a successful one.